

EXERCISE PROGRAMS

Exercise classes are held upstairs at the Old Tappan Firehouse on Old Tappan Road.

Walking Club gets together at Stone Point park on Westwood Avenue in Old Tappan.

Day	Class	Time	Cost
Monday	Zumba	11:00am	\$3
	Walking Club	11:00am	\$0
Tuesday	Tai Chi	10:00pm	\$5
	Seniorcize	1:30pm	\$3
Wednesday	Line Dancing	11:00am	\$5
	Chair Yoga	1:30pm	\$5
Saturday	Zumba Gold	9:15am	\$5

